

August Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM		Circuits	Circuits	Circuits	Circuits	
10:00 AM	Stretch & Core	Stretch & Core	Strong to the Core	Tai Chi	Stretch & Core	
11:30 AM	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	Stretch & Core
1:00 PM	Aquablast	Strength & Balance	Aquablast	Strength & Balance	Aquablast	
2:00 PM	Stride It Out	Renew & Recover	Chair Champions		F.A.B	
2:30 PM			Osteo Aqua			
5:15 PM				Circuits		

Gym Operating Hours
Monday - Friday 6:30am - 7pm
Saturday 8am - 4pm
Sundays and Public Holidays - Closed

Natter Cafe Hours
Monday - Friday 7:30am - 4pm
Saturday and Sunday - Closed



Events and Updates

2026 'Meet the Candidates' Meetings

The Living Well Centre will be hosting a series of 'meet the candidate' meetings ahead of the 2026 General Election.

All political parties have been offered the opportunity to speak with our residents and community. To ensure fairness, each party will have its own individual meeting to present its policies and answer questions.

Good Friends members, residents, family, friends, and community members are welcome to attend. Free entry.

To find out which political parties are speaking and their meeting dates and times, please check the whiteboard at Reception.

Quiz: *Tuesday, 25 August from 4:30pm*

Location: Natter Cafe, Arvida Good Friends

Come along for an evening of fun and testing your knowledge. Quiz entry is \$5 per person.

The Thinking Games: *Thursday, 27 August from 3pm until 4pm*

Location: Natter Cafe, Arvida Good Friends

Forget general knowledge quizzes: this is about code breakers, puzzles, rebus, lateral thinking, pattern spotting, and problem solving games. You will work together, think creatively, and put your team's brainpower to the test. All activities are completed in teams, making it a fun and social challenge for everyone.